

MI-WIC POLICY

5.0 Nutrition Services

5.01 Nutrition Education Overview and Elements of Client-Centered Nutrition Education

Exhibit 5.01D Sample Nutrition Education Plan Report

Nutrition Services

Effective Date: 11/06/14

Michigan WIC Nutrition Education Plan

The nutrition change(s) I plan to work on for myself and/or my family are:

Child Wic : Parent will decide what food to offer the child from 3-4 food groups/meal.

Mom Wic : Client will eat 300 extra calories per day for pregnancy.

Signature: _____

Date: 11/21/2013

Next Planned Nutrition Education Topic for me/my family:

Child Wic : Everyday Healthy Meal Preparation (Internet)

Mom Wic : Healthy Weight (Counseling)

Weight, Height/Length and Iron:

Child Wic : 35 lbs 0 oz, 3 ft 4 in on 11/21/2013 and iron level of 14 on 03/20/2013

Mom Wic : 120 lbs 6 oz, 5 ft 2 in on 04/08/2013 and iron level of 15 on 04/08/2013

Remember these important messages for you or your family and friends...

Avoid alcohol and dangerous substances while pregnant or parenting!

**Children should drink milk, juice or other drinks from a cup to keep their mouth and
teeth healthy!**

Breastfeeding is best, for you and your family!

Why are you eligible for WIC?

WIC services (food, nutrition education, referrals, and breastfeeding support) can assist you with your health concerns.

Health conditions identified this certification period were:

Child Wic : Diet Issue

Cert End Date*03/19/2014

Mom Wic : Current or history of a pregnancy-related issue; Diet Issue; Nutrition
Related Condition

Cert End Date*01/12/2014